



**Town of North Hempstead Supervisor
Jennifer DeSena and the Town Board present:**

LIFEGUARD CERTIFICATION COURSE AT TULLY PARK

**Sign up for the this 4-week
American Red Cross Blended
Lifeguard Training Course**

CLASSES BEGIN MARCH 7TH

**Participants must be at least 15 years of age. You must pass
the pre-test requirements in order to participate.**

A fee of \$325 is due after passing the pre-test.

**For more information, or to sign up, visit Tully Park
or call (516) 739-3055**

Michael J. Tully Park 1801 Evergreen Avenue New Hyde Park, NY 11040

American Red Cross Blended Lifeguard Training Course

Town of North Hempstead- Tully Park

Class Dates and Times:

- Mon. March 7th 4:30-7:30pm Pre-Test

(Upon passing- class fees will be collected; class materials and assignments will be distributed)

- Wed. March 9th 4:30-7:30pm
 - Mon. March 14th 4:30-7:30pm
 - Wed. March 16th 4:30-7:30pm
 - Mon. March 21st 4:30-7:30pm
 - Wed. March 23rd 4:30-7:30pm
 - Sat. March 26th 2-5pm at Eisenhower Park for Deep Water Skills Testing
 - Mon. March 28th 4:30-7:30pm
 - Wed. March 30th 4:30-7:30pm
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- Nassau County Lifeguard Certification Test TBA (for candidates 16 years and older)

DETAILS:

- Participants must be at least 15 years of age.
- Registrants must pass the **Pre-test Requirements** in order to participate in the class.
- Registration is first come first serve. Class size is limited to 20 spots. After 20 spots are filled, a waitlist will be formed to fill in any pre-test failures. There is no fee to be placed on the waitlist.
- The **\$325.00 fee** is to be paid after passing the pre-test. The fee covers the course, book and class materials.
- **No Absences are permitted!**

Pre-test Requirements:

- Swim 300 yards continuously using these strokes in the following order: 100 yards front crawl using rhythmic breathing and a stabilizing kick; 100 yards of breaststroke using a pull, breathe, kick and glide sequence; and 100 yards of either front crawl using rhythmic breathing or breaststroke. These 100 yards may be a mixture of front crawl and breaststroke. (NOTE: There is no time requirement for this skill. The participant must show that an endurance swim of 300 yards using the above strokes without stopping.)
- Starting in the water, retrieve a 10pound object, return to the surface, and swim 20 yards back to the starting point with the object and exit the water using a ladder or steps, within 1 minute, 40 seconds. The time is complete once the participant has exited the water and is standing up on the pool deck.
- Tread water for 2 minutes using only your legs. Candidates should place their hands under their armpits.